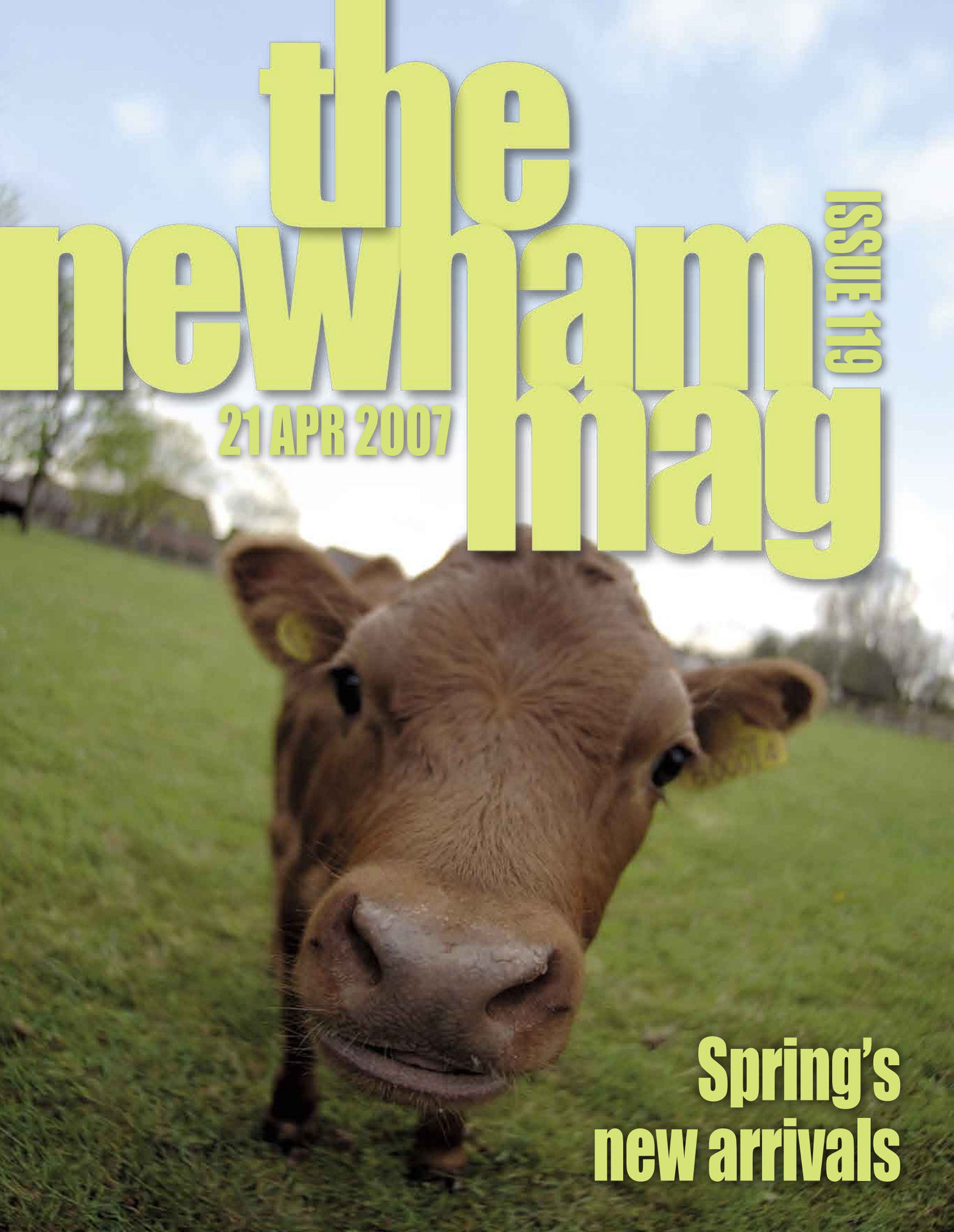
the newham mag

ISSUE 119

21 APR 2007



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the newham mag

Look out for the next issue from 5 May

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21 April 2007 // issue **119**

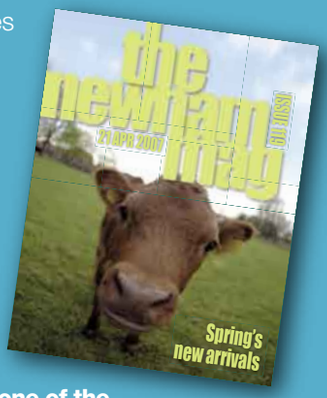
Welcome to issue 119 of The Newham Mag.

The sun is out and it's the perfect time to visit our parks (page seven) and the new baby animals at Newham City Farm (page 18).

On pages eight and nine you can find out what it's like to work as a massage therapist and on pages ten and 11 you can read about new mental health services for people with stress, anxiety and depression.

I hope you enjoy the issue.

Jen



On the cover:
Buttercup the calf is one of the new arrivals at Newham City Farm.

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By 2010, Newham will be a major business location and a place where people will choose to live and work

In brief...

St George's Day

Celebrate the patron saint of England on Monday with some traditional tea dancing.

It's St George's Day on 23 April and the council is hosting some toe-tapping fun with DJ Barry Perry from 6.30pm to 10pm at Newham Town Hall, Barking Road, East Ham.

There'll be free demonstrations and lessons and the cost is £2 for Newham residents (proof of address required) or £5 for non-residents.

There will be a prize for the best red and white themed outfit. For further information call 020 8430 6657.

Abusers to be educated in fight against domestic violence

The council has joined up with a charity to strengthen the battle against domestic violence in Newham.

The partnership aims to support survivors of domestic violence and keep women and children safe by educating abusers.

Contact the East London Domestic Violence Intervention Project on 020 8555 8979.

Free training courses to get you into work

Workplace has availability on three free courses to help you get into work.

Preparing for Work starts every Monday and gets you job-ready by gaining the skills employers are looking for such as language, literacy and numeracy. The retail course starts on 30 April or 3 May and includes visits to Gallions Reach, Canary Wharf and City Airport. There is also a hospitality course.

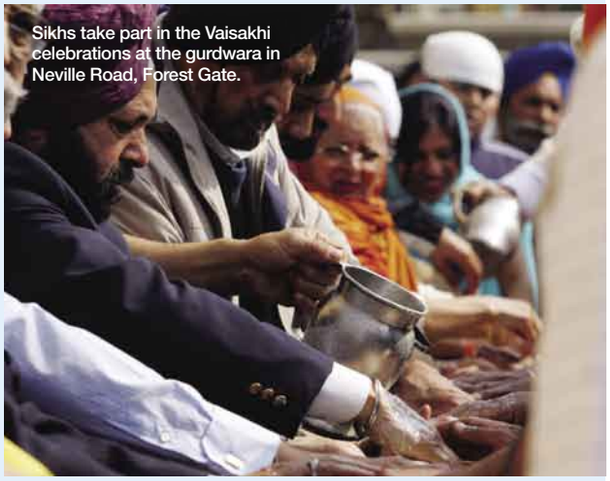
For more information or to book on the courses, which don't affect your benefit entitlements, call Workplace on 020 8430 3441.

Vaisakhi celebrated across Newham

Traditional flag-changing ceremonies were held at gurdwaras across the borough last week as part of the celebrations for the Sikh festival Vaisakhi. One of the most colourful events in the Sikh calendar, it's a time when Punjabi farmers harvest their crops and, most importantly, the day on which the city of Anandpur in Punjab saw the creation of the Khalsa- 'The Pure Ones'.

Tomorrow (Sunday 22 April), a procession will make its way through the streets of Newham. It will start and finish at Gurdwara Dashmesh Darbar in Rosebery Avenue, Manor Park.

Up to 15,000 people are expected to take part in the parade, which will follow the route: Rosebery Avenue, High Street North, Romford Road, Green Street, Plashet Grove, High Street North, Shelley Avenue and back to Rosebery Avenue.



Sikhs take part in the Vaisakhi celebrations at the gurdwara in Neville Road, Forest Gate.

Special event to say thank you

Newham's Special Constabulary – those who volunteer their time as police officers – received medals in commemoration of 175 years of the Met's Special Constabulary.

In England and Wales, the office of Special Constable was first put on a statutory basis by the Special Constables Act 1831.

Detective Chief Superintendent Nick Bracken, borough commander, hosted the celebration evening at Forest Gate Police Station .

There are 40 Specials in Newham and they come from all walks of life and backgrounds. If you would like to find out more, contact Sergeant Mitchell on 07847 170698.

Alternatively, you can visit www.metpolicecareers.co.uk

News

The Wickedest of Cargoes

A free exhibition looking at Newham's contribution to the abolition of the British slave trade has opened at Stratford's Old Town Hall.

The council has designed The Wickedest of Cargoes to mark 200 years since the introduction of the Abolition of Slavery Act in March 1807, when it became illegal for any British subject to capture and transport slaves.

The exhibition has taken its name from a description of the slave trade by John Fothergill, who lived in Upton, today's West Ham Park.

Dr Fothergill, who died in 1780, is just one of the influential people from the borough who contributed to the abolition of slavery.

The exhibition is open until 25 May, weekdays, from 10am till 4pm.

Sri Lankan new year celebrated in Plaistow

Youngsters join in the celebrations with a traditional dance

A Sri Lankan New Year celebration was held in Newham last weekend. Mayor Sir Robin Wales and a number of councillors were invited to the event, which was supported by Plaistow Community Forum at Tollgate School in Barclay Road.

It was organised by the East London Buddhist Cultural Centre in Maybury Road. It is committed to providing mother tongue education, social and cultural programmes to the Sri Lankan community by fostering community integration and social cohesion.

The Mayor and other guests were given a tour of the centre before going on to the school to enjoy a variety of performances.

Sweet surprise for children on Rainbow Ward

Children on Rainbow Ward at Newham General Hospital received a treat from the Easter bunny when staff from Select Appointments in Ilford paid them a visit, laden with Easter eggs.

Danielle Pearce, play assistant on the ward, said: "Thank you to Select Appointments for delivering the eggs, the children have been so excited and really enjoyed this special treat."

Business director Marcelle Wiseman, said: "Easter is a time when everyone loves to receive chocolate and we thought it would be a welcome surprise for the children to be visited by the Easter bunny."

The Select team asked all their clients to donate to their Easter egg appeal and received an overwhelming response with nearly 400 eggs being collected.

Children at Rainbow Ward with Easter eggs donated by Select Appointments

Mayor about town

with Sir Robin Wales

"I am lucky to be the Mayor of such a diverse community as I am exposed to many cultures and cultural events"

Warm Centres

The Warm Centres Celebration event took place in late March and it was an opportunity for the over-50s of Newham who have registered with our Warm Centres scheme, to come together socially. The centres were set up so that residents could meet new people and engage in activities such as bingo, crafts and films while keeping out of the cold.

The centres have been a great success and the event gave us a chance to evaluate the project and look forward to another year.

Bangladeshi Independence Day

As I have commented in this column before, I am lucky to be the Mayor of such a diverse community as I am exposed to many cultures and cultural events. On 26 March I attended the Bangladeshi Independence Day anniversary at the Town Hall. Newham has one of the largest Bangladeshi populations in the UK at approximately 11,800 people.

Sir Robin with over-50s at the Warm Centres celebration at West Ham Utd FC Hotel, Green Street

Woodside Hospital Radio

I was delighted to be the special guest at Woodside Hospital Radio's Hospital Broadcasting Week at Newham General recently. I spent half an hour on the show which each year has a special 24-hour broadcast, and I shared the airwaves with presenters Gurpreet Mudhar and Chris Middleditch. The station has brought much joy to hospital residents for a number of years.

Stratford Eye

I reached new heights as Mayor recently when I attended the 'topping-out' of the Stratford Eye flats, 19 floors up. For those of you who are not familiar with topping out, the ceremony dates back to pagan times. Nowadays it celebrates the construction of the highest point of a building. The Stratford Eye, with its innovative design, is energy efficient and will provide homes for many people in Newham.

Sir Robin enjoyed being a part of Bangladeshi Independence Day

The Mayor turned DJ with presenters Chris Middleditch and Gurpreet Mudhar

It's that time of year when the weather's getting warmer and the thought of spending time outside becomes much more attractive.

While the sun, and the flowers, are out, why not experience Newham's parks?

These green open spaces right on your doorstep are free for you to enjoy.

Parks are places where you can simply enjoy the fresh air or be active, keep fit and lead a healthy lifestyle.

Newham's parks are among the best in the country and hold several prestigious Green Flag Awards.

Central Park, Stratford Park, Forest Lane Park, West Ham Park and City of London Cemetery and Crematorium, all have Green Flag awards.

Central Park is on the doorstep of East Ham town centre. It boasts attractive flowerbeds, a wide variety of trees and shrubs, a children's play area, a bowling green and pavilion, tennis courts and a monument dedicated to more than 1,600 East Ham residents who lost their lives in World War I. This park has retained many of its original features.

Whether you just want a relaxing stroll, a picnic or to play sport, there is something for everyone at **Stratford Park**. It has tree-lined avenues, eye-catching flowerbeds, a children's playground, tennis courts, a bowling green and a multi-use games area.

Forest Lane Park meanwhile, provides a unique opportunity for visitors to enjoy all kinds of wildlife. It has a variety of interesting landscape features including mature and developing woodland, a lake and dipping pond and raised ornamental beds.

How to get there

Central Park
High Street South
East Ham E6
Public transport: *Bus*: 5, 15, 58, 101, 104, 147, 300, *Tube*: East Ham (half a mile)

Stratford Park
West Ham Lane
Stratford E15
Public transport: *Bus*: 69, 104, 238, 241, 262, 276, 473, *Railway/Tube/DLR*: Stratford

Forest Lane Park
Magpie Close
Forest Lane
Forest Gate E7
Public transport: *Bus*: 58, 308, 330, *Railway*: Forest Gate, Maryland

For further information see your Newham Directory, pick up a leaflet at your local service centre or library or visit www.newham.gov.uk

What is the Green Flag Award?

The Green Flag Award scheme is the national standard for parks and green spaces. It recognises the value of green spaces to communities, particularly in urban areas, and rewards good standards of green space management and maintenance.

Green Flags are awarded annually and are held by some of the best parks and gardens in the country.

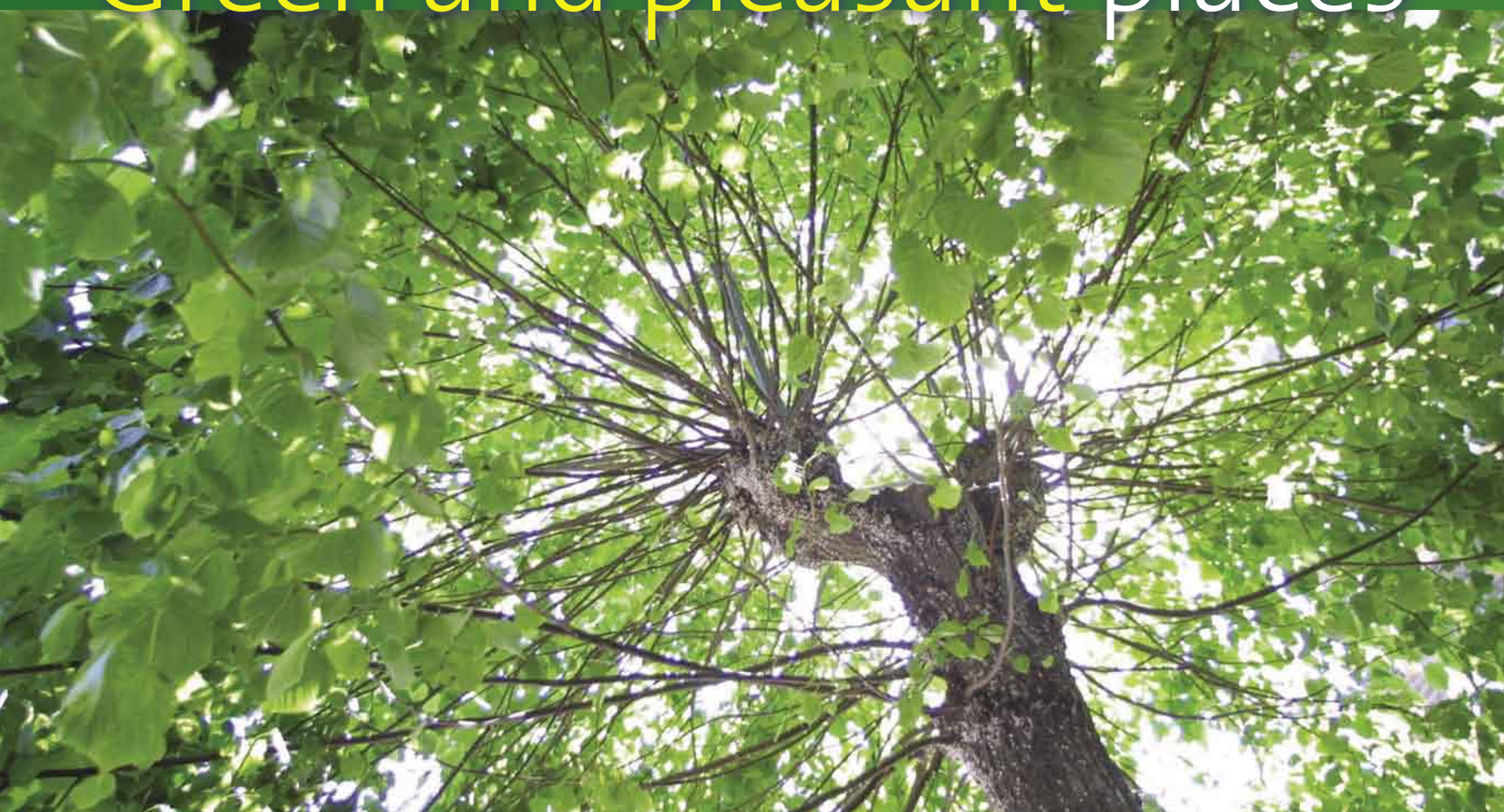
For parks and open spaces to be awarded the Green Flag they must be welcoming, clean, well maintained and provide a safe and secure environment.

For more information visit www.greenflagaward.org.uk

The Green Flag Parks owned and managed by the council are Central Park, Stratford Park and Forest Lane Park.

Look out for more information on Newham parks in future issues of the magazine

Green and pleasant places



The man with the magic hands

Philip Kee's hands have been working their magic for more than 20 years, giving the people of Newham a massage with a difference.

Philip invented his very own style of massage called the Kee Technique, combining the best of the world's massage ideas.

"Over the years working as a massage therapist I have learned different techniques from different places," says Philip.

"The Kee Technique uses oil like a Swedish massage, then I add on different strokes to make it more effective.

"Depending on the client's needs I might use Thai and shiatsu techniques, which use a lot of stretching and work on the elbows and ankles, or neuromuscular techniques for clients with sports injuries."

Massage has long been known as a cure for ailments as diverse as backache and insomnia and Phillip's customers visit him to cure a range of health problems or simply to relax.

"Massage is very soothing," says Philip.

"Many times when I work on a person I can hear them snoring.

"I once worked on a lady who seemed very tense. The next day she came back to me crying and said she had slept that

night for the first time in 26 years.

"Three quarters of the people who come to me have back problems. White-collar workers are looking at a screen all day and using their hands to type, so they have tension in their neck and arms. People who do a lot of lifting and physical work will also have back problems."

Philip first became interested in massage while growing up in Penang, Malaysia.

"As a seven-year-old boy, my grandma used to ask me to come and pound her back and in return she would tell me a story about ancient China. She was a herbalist too so I was brought up in that environment, learning about holistic therapy."

Philip came to England at the age of 23 where he trained as a nurse before taking up massage. As well as medical training and knowledge of holistic treatment, Philip believes a calm outlook is essential to being a successful massage therapist, something he achieves through Buddhist practices of spiritualism and meditation.

"For the customer to relax you have to be sensitive and have a rapport with them. When you feel them and understand them, they relax and if they trust you they are calm.

"I have worked as a therapist for so long now I do it on different levels. I say a prayer if the person is unwell to protect myself and I also ask for help to heal the person.

"If you work on someone who is ill you feel exhausted, where as if you work on someone who has a sports injury you feel very energised as you are sharing energy."

Massage has become more popular with today's stressful lifestyles, with many of us working long hours and juggling commitments. Philip strongly believes that massage has an increasingly important position in modern society.

"If I ever ask anybody if they are relaxed they always say yes," says Philip. "Then you give them a massage and afterwards they say they never realised they were carrying so much tension."

"Stress can affect you in a lot of ways. People can feel the aches coming, but I say come and see me before that because prevention is better than cure.

"Nowadays massage is not a luxury, it is for your health. If you have regular massage, your health will improve."

"Nowadays massage is not a luxury, it is for your health. If you have regular massage your health will improve"

Philip Kee
Mind and Body
27 Romford Road,
Stratford E15 4LJ
020 8257 9820
info@keetechnique.co.uk
www.keetschnique.co.uk

NHS

It's good to talk

New talking therapies service in Newham for stress, anxiety and depression

Do you worry too much, feel down, anxious, panicked, angry or severely shy? If you can relate to any of these feelings, you're not alone. Now Newham is piloting a new, confidential NHS service that offers a talking therapy that has been proven to help thousands of people.

"We have a warm supportive team who are ready to take your call"

The new Cognitive Behavioural Therapy (CBT) Service is based in the Newham Psychological Treatment Centre in Forest Gate. Its staff have particular experience helping people who:

- Feel very anxious or who have episodes of severe panic
- Have worrying thoughts more than half the time
- Feel depressed or sad
- Feel helpless or that life isn't worth living
- Have thoughts, pictures or impulses that come into their mind that they can't get rid of (Obsessive Compulsive Disorder)
- Suffer severe shyness that stops them getting on with their life
- Have difficulty coming to terms with a trauma (for example a traffic accident or street robbery)
- Have difficulty managing their anger.

CBT is an effective talking therapy that can help people learn different ways of dealing with their problems. An employment service will also be offered. This may help people whose emotional difficulties are affecting their work, or those who would like support returning to work after time away because of stress.

Dr Ben Wright, clinical lead for the service, said: "It has been exciting to see people freed from their anxiety and depression after years of being trapped, in some cases unable to leave their homes because of their fears or distressing feelings.

"We have a warm supportive team who are ready to take your call and know how to help people with their difficulties in strict confidence. We can usually see people in a matter of weeks."

It is a joint project between Newham Primary Care Trust, Newham Council, Mental Health Matters and East London and The City Mental Health NHS Trust.

You can refer yourself to the service by calling 0800 1070161. A member of the team will speak with you to find out more about your difficulties and to arrange your first meeting with a therapist. This will include an opportunity to talk about the different kinds of help available in Newham.

"We can usually see people in a matter of weeks"

Stress

What are the signs of stress?

Physical
Sleeping problems, restlessness, constant tiredness, headaches, increase or decrease in appetite, pins and needles, sweating, breathlessness, feeling sick, cramps or muscle spasms.

Emotional
Feeling neglected, lack of interest, sad, feeling alone, irritable or angry.

Behavioural
Crying more, difficulty concentrating, smoking or drinking more and difficulty making decisions.

Anxiety

What is it?
Anxiety affects our whole being. It affects how we feel, how we behave and has very real physical symptoms.

It feels a bit like fear but whereas we know what we are frightened of, we often don't know what we are anxious about.

Mild anxiety is vague and unsettling - severe anxiety can be extremely debilitating.

What causes it?
Anxiety is often triggered by stress in our lives. Some of us are more vulnerable to anxiety than others, but even those who become anxious easily can learn to manage it well. We can also make ourselves anxious with "negative self-talk" - a habit of always telling ourselves the worst will happen.

Depression

What is depression?
Depression is very common. Almost anybody can develop the illness; it is certainly not a sign of weakness. Depression is also treatable. A small proportion may experience an episode of depression as part of a bipolar affective disorder (manic depression) that is characterised by episodes of both low and high moods.

Who gets depressed?
- Between five and ten per cent of the population are suffering from the illness to some extent at any one time.
- Over a lifetime you have a 20 per cent, or one in five, chance of having an episode of depression.
- Women are twice as likely to get depression as men.

The Lee family with their NCH project worker Erin Houlihan

MAKING NEWHAM SAFER

NEWHAM LAUNCHES SCHEME TO DEAL WITH 'NEIGHBOURS FROM HELL'

Families causing anti-social behaviour and generally being a nuisance to those around them are being targeted by a new programme called Newham Family Intensive Support Project (FISP).

It is aimed at families who are responsible for a large amount of anti-social behaviour in a community and are at risk of eviction as a result. The project provides intensive support by identifying the root causes of problems, then helps the family move towards better behaviour, rather than evicting them and moving the problem to a new location. It has been set up by the council in partnership with the NCH children's charity and housing association East Thames.

The FISP programme has proved so successful that a further 50 projects were announced at a special launch event in Newham attended by the Mayor, Sir Robin Wales.

He said: "Our line on anti-social behaviour is clear - it is unacceptable and we will do all we can to prevent it. Family intervention projects work with so-called neighbours from hell - the most difficult families who can have a huge negative impact on their community.

"Where other efforts to intervene have failed, we hope this project, with its intensive and long term support, will help families effectively turn around their anti-social behaviour and allow them to keep their homes and live peacefully with their neighbours."

The Lee family has been taking part in the programme for three months. Previously they were at risk of being evicted due to continuing disputes with neighbours and reports of anti-social and threatening behaviour and problems in school from the children.

The family was given interventional support including school counselling and anger and stress management. They have been very responsive to the scheme and the number of anti-social incidents has dropped dramatically.

Tony Lee, the father of the family, said: "We had a few family problems and never got on with one of the neighbours and eviction proceedings had started.

"Our FISP project worker came round all the time, so we built up a good relationship. We learned to deal with everything in a different way and don't react to things anymore. It's a good thing and we have managed to keep our property and the kids are happier in school."

Mayor Sir Robin with Joe Tuke from the Home Office, NCH director of children's services Hugh Thornberry and steering group chair for Newham FISP Jenny Dibsdall, at the launch this month

→ TO REPORT ANTI-SOCIAL BEHAVIOUR, CALL NEWHAM'S 24-HOUR HOTLINE **0800 731 3300**

MIXING IT UP AT E13

A youth centre with a difference has opened in Plaistow following six years of hard work.

E13 in Cumberland Road was designed by young people for young people and is an excellent example of young people participating in their local community.

Councillor Reverend Quintin Peppiatt, Newham's executive adviser for children and young people, officially opened the centre with its youth steering group. They were presented with a cheque for £25,000 by Stephen Corriette from the Jack Petchey Foundation.

It is the culmination of a six-year partnership between the young people, Newmartin Community Youth (NCY) Trust and Racial Equality in Newham (REIN). They worked alongside the Local Strategic Partnership, which identified the need for greater youth provision with extended opening hours, targeted at disadvantaged and hard-to-reach young people.

The E13 youth steering group was made up of young people who were involved in the planning, decision-making and development of the centre. They worked with architects Cotterell & Vermeulen, funders Stratford Development Partnership, the Neighbourhood Renewal Fund, the Jack Petchey Foundation and the Youth Opportunity Fund.

National magazine *Young People Now* featured the group last month and The National Youth Agency has expressed an interest in featuring them as an example of young people and participation.

The centre cost just under half a million pounds and the architects have been nominated for an award based on its innovative design. It boasts conference and IT facilities as well as space for performing arts, a kitchen, garden and patio.

Centre manager Pauline Campbell was appointed in January to manage the youth steering group and the running of the centre.

More than 75 people attended the official opening, including Newham's Civic Ambassador Cllr Pearson Shillingford.

The E13 Steering Group

Kathlina Bryan
Nana Boachie
Jerome Doctrove
Poonam Chamdal
Solitaire Atakora
Nick Widgery
Samantha Loughlin
Francesca Pont

SIX MONTHS ON AND AWARDS ARE POURING IN FOR ACADEMY STARS

It is six months since Newham Sports Academy with Tessa Sanderson was launched and already the young athletes are making excellent progress on the road to 2012.

Athletes from the borough who are chosen for the Academy gain access to professional coaching, sports psychology and nutrition advice. In the last six months, many of them have made huge advances in their bid for Olympic medals and have a string of successes behind them.

This month in judo, Theo Spalding won silver and bronze medals at the Masters Tournament in Bremen, Germany, in the Great Britain Junior International for his weight.

Paralympic swimming hopeful Tom Brown won one gold and four silver medals at the Disabiliy Sports Events junior championships in Sheffield during March, smashing his personal best time by almost four seconds.

Tom won bronze in Denmark at the Danish Open, his first tournament as a Great Britain Squad member. He also took part in the British Long Course Championships where he won a bronze.

"I was really proud to take part in the Danish Open, representing Great Britain," says Tom. "And Manchester was also one of my best achievements as I was up against the world champion who I have never swum against before."

Several athletes with the Academy have also been honoured in the London Sport Forum awards. Tom was awarded Junior Sportsman of the Year for his national and international successes and the Academy's Michelle Weltman was named Coach of the Year for her work with athletes at all levels.

Ife Kubler collected a fencing silver medal in the under-13 girls category at the Bristol Junior Foil Event at the weekend.

This is Ife's fifth successive medal with Newham Swords, and her 11th in just three months. "The results have been absolutely amazing, considering the length of time that the kids have fenced," said coach Linda Strachan, a former Olympic athlete.

Other outstanding fencing results on the day came from Jai Birch, Alan Lozovik, Alex Savin and Karlo Danchev, who are all Academy members.

Swimming success for Tom Brown

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Newham

Admission arrangements for maintained schools in Newham for 2008/2009

[Education - determination of admission arrangements (amendment) (England) regulation 2007]

The council has set the admission arrangements for community schools in the borough for September 2008 admissions. The governing bodies of the primary and secondary voluntary-aided schools and the foundation school in the borough have also done so for their schools.

Copies of all the admission arrangements are available in the council's admission forum minutes 19 April 2007.
These are available at http://mgov.newham.gov.uk
Click on 'browse the agenda/minutes' and then 'admissions forum'.
Alternatively they can be viewed at Newham Town Hall, Barking Road, East Ham, London E6 2RP.

If you feel that these admission arrangements are unlawful in any way, you have the right to object to the Office of the Schools' Adjudicator, Mowden Hall, Staindrop Road, Darlington DL3 9BG (www.schoolsadjudicator.gov.uk). You must do this by 2 June.

To discuss your objections or to obtain more information about the admission arrangements, please contact Amer Saad, Head of Pupil and Student Services on 020 8430 4882, or in writing to Children and Young People's Services, Broadway House, 322 High Street, Stratford, London E15 1AJ.

Newham Extended Services
Early Start Plashet (St Stephen's)

Commissioning Local Providers for Early Start Projects

early start NEWHAM

Newham

Early Start Plashet asked local children under five and their parents how their lives could be enhanced. As a result Early Start Plashet intends to commission additional projects to meet the needs we uncovered.

We are inviting individuals, groups and organisations to apply to deliver the following services:

- Early Years Music – Development through Music
- Stress Relieving Therapy Workshops
- Childcare Training
- Outside Play Project/Healthy Families

Experienced providers wishing to play a part in these exciting developments should contact:

Perryn Jasper
2 Shrewsbury Road
Forest Gate
London E7 8AL
perryn.jasper@newham.gov.uk
020 8430 6049
07879 661194

You will receive a pack containing everything required to submit your application. Please clearly state the project name(s) you are applying for. The deadline for the receipt of expressions of interest is **23 April 2007 at 4pm.**

Early Start works in partnership with parents to give all Newham children under five access to tailored children's services, including health, education and family support. We aim to improve the quality and availability of childcare for all children. We particularly work with disadvantaged families and provide training and routes to employment, contributing to ending child poverty.

Public notice London Borough of Newham

Newham

Members' allowances - scheme of allowances for the remuneration of councillors in the London Borough of Newham

This Notice is published in accordance with Regulation 16 (1) of the Local Authorities (Members' Allowances) (England) Regulations 2003.

On 19 February 2007 the council made a new scheme for members' allowances which replaces the previous scheme. The council made a minor amendment to the scheme at its meeting on 2 April 2007. The new scheme took effect from 1 April 2007 and has effect until it is amended or revoked by the council.

In making the scheme, the council complied with its functions in accordance with Regulation 19 of the Local Authorities (Members' Allowances) (England) Regulations 2003 and had regard to the recommendations of an independent remuneration panel. These recommendations were contained in the Report of the Independent Panel on the Remuneration of Councillors in London appointed by London Councils. The Panel published its report in December 2006 and the council published a public notice dated 5 February 2007 setting out the main features of the Independent Panel's report.

Having had regard to these recommendations, the council agreed a new scheme and its main features include:

- The Mayor's allowance and the basic allowance covers all intra-borough travel and subsistence costs and incidental costs such as the use of a member's home, including telephone rental costs;
- The level of special responsibility allowances paid to each member appointed by the Mayor (Cabinet members, executive advisers, deputy executive advisers and community lead councillors) be determined by an evaluation assessment based on the responsibilities and duties of each position. This will be worked out using the job profile for each portfolio and the time required to undertake the portfolio to determine the appropriate band payable for the role;
- The level of special responsibility allowances for appointments made by the council (political office holders and chairs of committees etc) to be determined by the council;
- Any member appointed to more than one position attracting a special responsibility allowance, may only receive one special responsibility allowance and this will be at the higher level;
- An allowance may be paid to those members representing the council on certain external bodies in addition to any special responsibility allowance received;
- All members will be eligible to join the pension scheme and that the basic allowance and the special responsibility allowance be taken into account in respect of the pension payable;
- The current arrangements for dependent carers' allowances and for the reimbursement of travel and subsistence costs outside Newham continue;
- A revised scheme for the payment of allowances to co-opted members;
- No change to the provisions in the scheme foregoing allowances, backdating and withholding of allowances as well as a time limit for claims;
- The scheme to include a provision for sickness, maternity and paternity pay;
- That allowances are increased on 1 April each year by the average percentage increase in the Local Government Pay Settlement and that these arrangements last for four years when they shall be reviewed again.

The agreed amounts of each allowance are set out below:

Basic allowance per councillor:	£10,581 per annum
Mayor's allowance:	£76,194 per annum
Deputy Mayor's allowance:	£42,755 per annum

Special Responsibility Allowances (in addition to the basic allowance) for posts appointed by the Mayor with different levels of responsibility attached to them:

Band	SRA £
1A	3,500
1B	5,000
2A	7,500
2B	10,000
3A	14,000
3B	18,000
4A	22,000
4B	26,000
4C	30,000

Annual Allowances for non-elected co-opted/independent members serving on the following:

Committee/Sub-Committee/Commission	Annual Allowance £
Overview and Scrutiny Committee	480
Children & Young People Scrutiny Commission	480
Other Scrutiny Commissions	480
Standards Committee	400
Chair of Standards Committee	800

Special Responsibility Allowances (in addition to any other allowance) for members appointed to represent the council on the following bodies (this allowance will cease if that body establishes a scheme of its own):

External Body	SRA
London Councils Panel Member	£1000
East London Waste Authority	£1000
Association of Public Service Excellence	£1000

The level of Special Responsibility Allowances for appointments made by the council (political office holders and chairs of committees etc) is set as follows:

Band	Office Held	SRA £
1A	Leader of the Largest Opposition Group	3,500
1A	Majority Group Chief Whip	3,500
1A	Majority Group Secretary	3,500
3B	Chair of Overview and Scrutiny Committee	18,000
3A	Chair of Development Control Committee	14,000
2B	Chair of a Scrutiny Commission	10,000
1B	Chair of Licensing (2003 Act) Committee	5,000
1B	Chair of Licensing Sub-Committee (2003 Act)	5,000
1B	Chair of Licensing Committee (other functions)	5,000
1B	Chair of Investment and Accounts Committee	5,000

Childcare/dependants allowance – £7 per hour up to 10pm and £9.35 per hour after 10pm, irrespective of the number of people cared for.

Travelling allowances – The reimbursement of actual travel costs incurred while undertaking duties outside Newham.

Subsistence allowances – The reimbursement of actual subsistence costs incurred while undertaking duties outside Newham. This allowance is limited to a maximum daily rate of £28 for meals and a maximum overnight rate of £112 for accommodation.

Copies of the London Borough of Newham's Scheme for Members' allowances may be inspected at Newham Town Hall, Barking Road, East Ham, E6 2RP during normal opening hours.

Dave Burbage, Chief Executive, 3 April 2007.

Springtime down on the farm

What better time to visit Newham City Farm with a whole host of new arrivals born recently? The babies includes calves Buttercup and Charlie and ten lambs.

Charlie, a bull, was born on March 14 and Buttercup, a heifer, arrived the very next day. They are both pure bred Dexters.

Staff at the Beckton farm are having a well-deserved rest while they can, having spent the last few weeks getting up in the night to check on the pregnant sheep.

You can visit for free, Tuesday to Sunday between 10am and 5pm. For more information, visit www.newham.gov.uk.

Newham City Farm, Stansfeld Road, Beckton E6 5LT Tel: 020 7474 4960

Some of the residents of Newham City Farm, including Buttercup the calf (top right)

Strutting to success on the catwalk

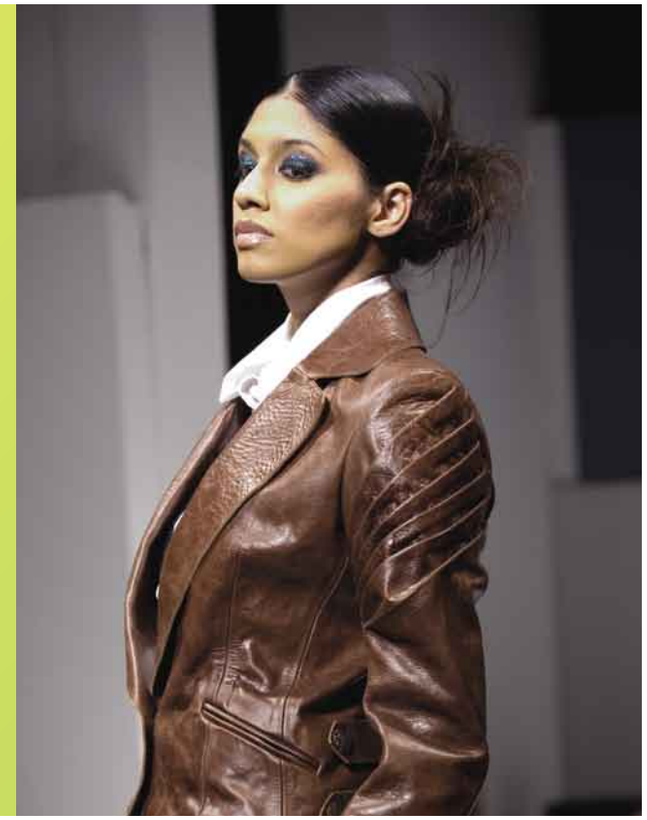
Celebrating its fifth anniversary, the award-winning Asian Dreams returned to the spectacular Fashion and Textile Museum in Bermondsey last month. It provides a platform for British Asian designers alongside established fashion houses and exciting new talent.

Asian Dreams, as a brand, was created out of the work being undertaken by The Centre for Innovation & Partnerships supporting ethnic minority-owned businesses in East London.

Project director David Reeson explains: "I had held a couple of small catwalk shows to promote the work of the British Asian designers based in Green Street. The response and interest was such that a bigger event needed to be organised. Consequently Asian Dreams was born in 2002 at The Fashion & Textile Museum as a catwalk show and exhibition.

"My work has brought me in touch with many talented designers, manufacturers and retailers in East London. It has been particularly pleasing to see positive reviews of their achievements in local, national and international press and media over the last few years."

In 2003, Asian Dreams was held at The Atlantis Gallery in Brick Lane and almost 1,000 people visited the show and exhibition stands.



Models strut their stuff on the catwalk at this year's Asian Dreams

The following year, Asian Dreams – New Generation was held at Chelsea Town Hall during London Fashion Week to promote new British Asian designers.

Asian Dreams then became a European Regional Development Fund project in its own right and showed to great acclaim in 2005 as well as this year.

The shows however are only one part of the work carried out by the project to support the sector. Business advice, specialist workshops and training opportunities in a variety of appropriate subjects including visual merchandising, digital photography and computer-aided design software have all been well received.

The show has raised awareness of British designers who happen to have a South Asian heritage to a wider mainstream audience and the fashion show has become part of London's fashion calendar.

Centre of Excellence

Newham College's new Academy for Fashion, Textiles and Jewellery located at the Fashion and Textile Museum in Bermondsey, provides skills training that the industry needs through educational, technical and business courses.

Whether you are about to leave school or are well established in business, if you need to improve your employability and job prospects, or you need business advice and new skills to advance your business, Newham College can provide advice and support.

Contact our customer support centre now on 0845 650 4244.

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Newham

FOREST GATE COMMUNITY FORUM

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Tuesday April 24

5pm – 7pm

Forest Gate Youth Centre, 1 Woodford Road, Forest Gate E7 0DH

Get a group of friends together and come to the Forest Gate youth night.

Find out the latest things to do in our community. There'll be information about different youth activities, sports and clubs and people to talk to and find out more.

PLUS – we want to know what you'd like to see and do in Forest Gate.

Go in the free draw to win an ipod and other great prizes.

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Newham

PLAISTOW COMMUNITY FORUM

play your part

Saturday April 28

11am – 4pm

Newham Sixth Form College (NewVic) Prince Regent's Lane, Plaistow, E13 8SG

Put your health in the hot seat at the Plaistow Health Event

Get a free health check-up and massage and learn how to improve your fitness levels.

Check out the wide range of stalls – with information about complementary therapies, cancer awareness, Newham Fit Club, mental health, dentistry, drug awareness and much more.

PLUS have your say on local healthcare issues.

Getting there: buses: 147, 262, 276, 300, 473

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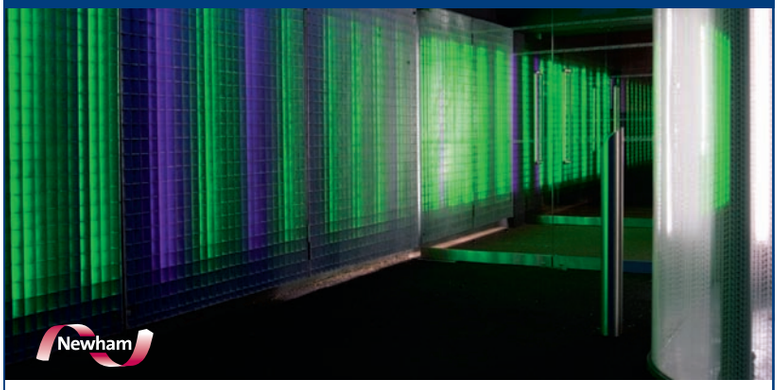

Newham's Professional Development Centre to hire for meetings, training, seminars & events.*

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- most with wheelchair access
- £60 to £192 per day
- with multimedia projector, video, flipchart
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*Not available for party hire.

CREDON CENTRE

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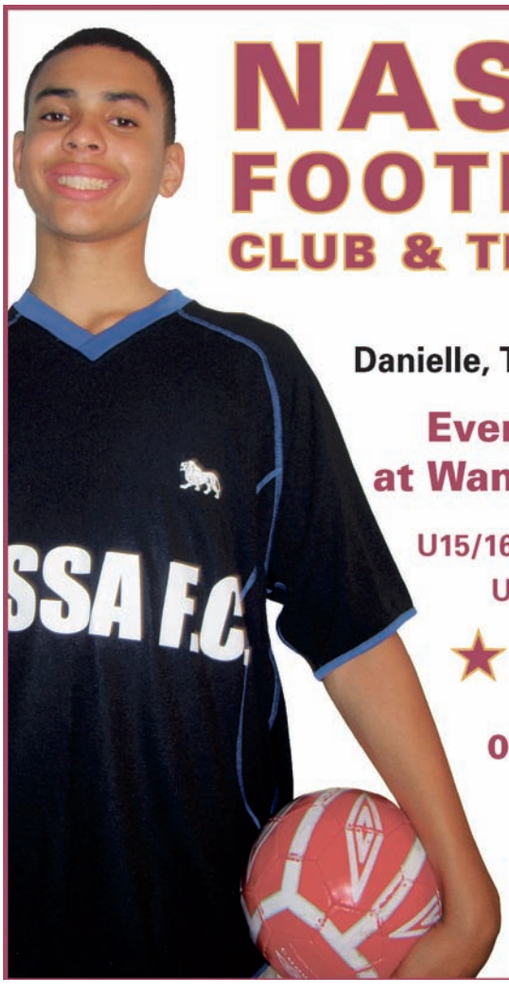

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The sky's the limit

Newham cheerleaders off to world championships

Ascension Eagles, the borough's own cheerleading team, is representing England at the Cheerleading World Championships this weekend.

Almost 300 teams (200 of them American) will be competing at Disney's Wide World of Sports in Orlando.

While it would have been a difficult invitation to refuse, for a long while Ascension Eagles didn't think they'd be able to attend due to a lack of funding. Head Coach Angela Brown said: "There are millions of cheerleaders worldwide, but only a few thousand make it to this level."

The Eagles won a bid to represent England at the world championships last July, at the FutureCheer National Championships in Brighton. After much consideration, members sadly decided to decline, due to lack of funds.

Established in 1996 as an outreach of Ascension Church Centre, Custom House, the team consistently ranks among the best of Britain's 11,000 cheerleaders. They were the first ever English team to compete at the Cheerleading World Championships last year. However, participating in 2006 meant that members and their families were short of cash for this year.

After a lot of hard work and persistence, local businesses and charities donated thousands of pounds to help them. When the Eagles were still short of their goal, the council awarded them a Go For It grant, and NewCeys helped them to achieve a Youth Opportunities grant. These final donations tipped the scales.

Mayor of Newham Sir Robin Wales, said: " With one of the youngest populations in the UK, it's crucial that the young people of Newham make the most of the opportunities that come their way.

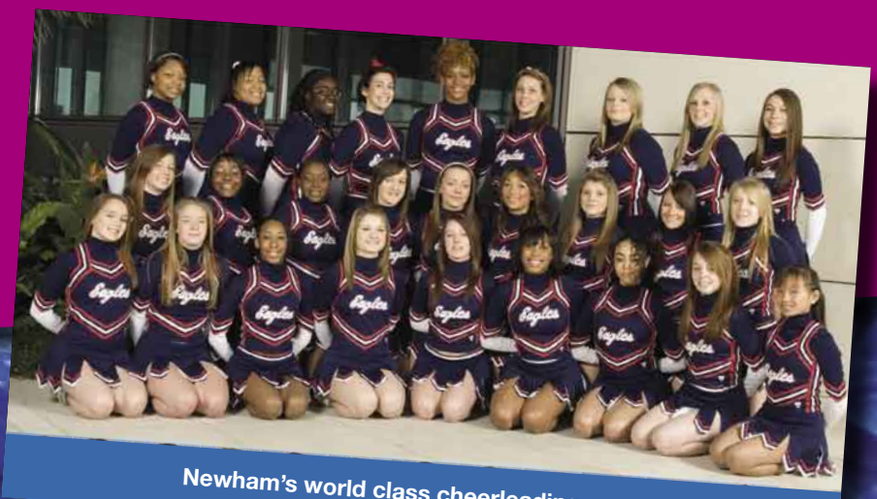
"The Eagles are a wonderful example of a bunch of kids who are talented and motivated and know how to put all of this to good use - for themselves and the borough."

Tovonya Raybe, 17, said: "We are so grateful we get to go. We have worked hard and will do our absolute best to represent Newham and England with excellence."

Team mate Mel Brown, 18, said: "We are really honoured that so many people believe in us and have helped to make this trip possible. We will not waste the opportunity before us. We are determined to do our best."

The Cheerleading World Championships

- Ascension Eagles have been in Orlando since 13 April. A teacher has accompanied the team, to oversee daily study sessions.
- Ascension Eagles are the featured international team in the current issue of *All Star Cheer*, a quarterly magazine read by millions of cheerleaders worldwide.
- Ascension Eagles has 100 members, aged between seven and 21. Annual auditions for Newham residents are held every September.
- Ascension Eagles also runs a monthly outreach called London Cheerleading Academy (LCA), where members instruct individuals and squads from basic to elite level.
- For further information visit www.ascensioneagles.com



Newham's world class cheerleading squad

COMMUNITY FORUMS

EAST HAM

FOREST GATE

IT'S A SPRING DIFFERENCE

The spring sunshine was in full force when more than 200 people took part in two Community Forum 'Make a Difference Days'.

The East Ham event was on Saturday 31 March at Roman Road Open Space, with the Forest Gate event held the following day at Forest Lane Park.

Residents rolled up their sleeves and helped make the parks happier places by doing some litter picking, pruning and painting.

Forest Gate resident Sue Hudson took her seven-year-old daughter Kallista and says they had a wonderful time.

"At first Kallista wasn't too keen to help but once we got started she was so excited and really enjoyed it. We collected litter for an hour and came back with two full bags of recycling and rubbish.

"She's learnt a valuable lesson and was telling other people to join in and help the environment and the community. It was a proud moment – she far exceeded my expectations."

Sue Hudson and daughter Kallista, seven, take a break from the action at the Forest Gate Community Forum Make a Difference Day. They are joined by Forest Gate Community Lead Councillor Shama Ahmed and forum chair Graeme Cambage.

Councillors Pat Sheekey, Quintin Peppiatt and Lakmini Shah and forum chair Jose Alexander congratulate the troops for their litter picking efforts at the East Ham Community Forum Make a Difference Day.

Deputy community executive adviser for environment Councillor Pat Sheekey, said: "It was wonderful to see so many people, especially lots of children, participating with such enthusiasm."

It wasn't all hard work though, with the parks bustling with fun activities including face painting, a bouncy castle and the chance to have a free health check with a Newham Fit Club MOT.

WHAT IS A COMMUNITY FORUM, WHICH IS MINE AND HOW CAN I GET INVOLVED? **CALL 0800 5194015 TO FIND OUT MORE**

ROYAL DOCKS

RECYCLING AT THE FORE FOR ROYAL DOCKS

Almost 200 Royal Docks residents joined the charge to reduce, reuse and recycle at a free Community Forum event on 29 March.

More than half of them brought along an orange bag of recyclable materials and traded their loot for a 'bag for life' of recycled goodies, including a ruler and energy-saving lightbulbs.

(L-R) Royal Docks Community Forum steering group members Rose Geaney and Gertie Duffy, join the Headteacher for Drew Primary School Caryn Metzger and Councillor Pat Murphy at the Royal Docks recycling event.

Royal Docks Councillor Patrick Murphy, says: "It was a fun event and heartening to see so many people learning more about the benefits of recycling for our community and the environment as a whole."

Seven-year-old Joshua Benham had a roaring time at the Royal Docks recycling event.

A highlight for many was when children from Britannia Village School and Asta Community Centre took to the catwalk to model clothes made from recycled materials.

It was Newham resident Joanne Walker's first Community Forum event. She says: "The kids were pleased to be part of the event and really enjoyed doing the fashion show. It's really good for children to start recycling at a young age and to grow to respect the environment."

Another popular activity for the young people was using recyclable goods to create musical instruments, such as guitars and maracas, as well as badges and pieces of artwork.

EAST HAM

THE TIME FOR CRIME

East Ham's policing was in the spotlight at a Community Forum event on 30 March.

More than 50 people turned up to learn more about local police initiatives from Newham's Borough Commander, Detective Chief Superintendent Nick Bracken.

The questions flowed and a range of topics were covered, from the role of Community Support Officers to how the judicial system works.

East Ham community lead councillor, Lakminhi Shah, says: "It was an excellent chance for people to find out first hand how local police are working with the community to meet crime reduction targets.

"People were pleased to learn that the borough commander is born and bred in Newham – he's really committed to this community."

it's our borough play your part
NEWHAM COMMUNITY FORUMS

>> Community Forums are for you to have your say about services in our borough and to help us, and you, make positive changes to your neighbourhood. There are nine community forums in Newham working to make each local area a safer, healthier and more interesting place to live.

To find out more call freephone 0800 519 4015, email community.forums@newham.gov.uk or visit www.newham.gov.uk/communityforums

Kids' Corner

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:

KIDS' CORNER, NEWHAM TOWN HALL, EAST HAM E6 2RP

Gallery

Sifth Ali, 8

Mumana Ijaz, 8

Poem

Newham, a place to be!
by Juwayrah Omar, 12

Newham is a wonderful place to be,
Ideal for you and me.
There are lots of things to see,
Especially our cultural community.
We make Newham safer,
By working together.
We are there for each other,
A step after another.
There isn't any place better,
Where they fuss and fretter,
To make the place safe.
Newham is a wonderful place to be,
Ideal for you and me.

Winner

Iqra Ali, 8

Winner

Shajna Haque, 8

Travel spiral

In this puzzle, the last letter of each answer is also the first letter of the next answer. Once the puzzle is complete, re-arrange the eight letters with inner circles to form a vital travel item.

Questions

1. Italian city famous for its canals (6)
2. Tower which people like to climb in Paris (6)
3. Inflatable air mattresses which holidaymakers like to float on (5)
4. Going to a new country and visiting all the interesting places (11)
5. Boat which people use in the canals of 1 Across (7)
6. Capital city of Greece which has the Parthenon building (6)
7. Table Mountain overlooks Cape Town in this country (5,6)
8. Country which has kangaroos and koalas (9)
9. Mont Blanc is the highest peak in this mountain range (4)
10. Barcelona is a city tourists like to visit in this country (5)

TRAVEL ITEM:

Jokes

Why wouldn't the leopard take a bath? **He didn't want to get spotlessly clean!**

What do you get if you cross an elephant with a fish? **Swimming trunks!**

How do elephants talk to each other? **By elephone!**

Jokes by Safia Siddiq, 11

Winner

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Answers 1. Venice 2. Eiffel 3. Lilos 4. Sightseeing 5. Gondola 6. Athens 7. South Africa 8. Australia 9. Alps Travel item - SUITCASE

COMMUNITY NEWS

NEWHAM-WIDE

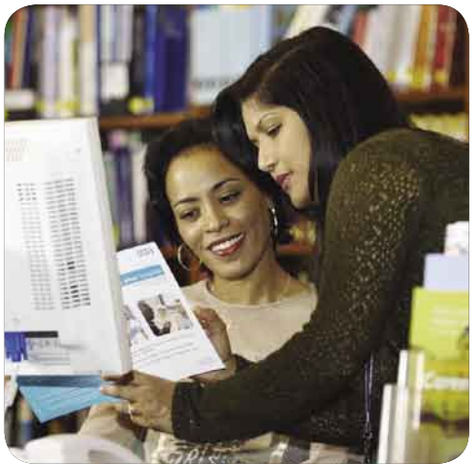
BOOK YOUR HOSPITAL APPOINTMENT AT NEWHAM LIBRARIES

Residents are being offered the chance to choose their hospital and book any appointments they may need via a new dedicated service being piloted at all libraries in the borough.

Since January 2006, patients who need to see a specialist have been given the choice of either discussing their options whilst they are with their GP or booking later once they have had time to decide which hospital they would like to attend. Either way, patients can now choose a time and day that suits them, and compare such things as availability of appointments, waiting times and the ease of travel, before confirming their choice of hospital.

It is hoped that the libraries will enhance the existing procedure still further by offering a safe and neutral place for those who do not have access to a computer or who are unable to research their hospital options of their own accord. At the same time, the new service will give patients greater peace of mind and give them time to decide what is important to them about the hospital they choose.

Find out more at your local library (see page 31 for your nearest one).



CUSTOM HOUSE/CANNING TOWN

EASTER FUN DAY A BIG SUCCESS

Teenagers from the Youth Inclusion Programme beat police officers at football

More than 200 people turned up to the recent fun day at Fords Park in Canning Town.

The event was organised by Reed Partnership together with Pinnacle psg and Newham Council's Canning Town and Custom House Regeneration Project.

There were stalls where people could find out about jobs and training opportunities, meet their Safer Neighbourhoods police teams, find out about proposals for improving the park or join the scouts.

A blacksmith held sessions for children to make metal ornaments and an Easter bunny handed out eggs. There was also a barbecue, bouncy castle, face painting and a balloon artist.

A five-a-side football match between young people from the Canning Town Youth Inclusion Programme (YIP) and the Canning Town South and Custom House Safer Neighbourhoods Teams took place. The youngsters beat the police officers 10-2. It is hoped the tournament will become an annual event.

GOT A STORY FOR COMMUNITY NEWS? WE WANT TO HEAR FROM YOU. **EMAIL NEWHAM.MAG@NEWHAM.GOV.UK**

EAST HAM

EAST HAM POLICE WINNERS IN YOUTH CENTRE TOURNAMENT

Officers from the East Ham Central Safer Neighbourhoods Team reigned victorious after winning all seven matches in a five-a-side tournament at the Hartley Centre, Barking Road, East Ham.

They scored 17 goals in the tournament against local youths.

Police Community Support Officer Daniel Knox was the police man of the match, scoring eight goals.

At the end of the tournament, trophies were presented by the police to the best performing players from the youth team.

Sergeant Richard Egan, said: "The competition was great fun, played in good spirits, with both teams giving 100 per cent. As a result of establishing a strong relationship with the local youth club in East Ham, we are able to stage events such as these, which provide an excellent opportunity for the SNT to engage with young people."

Police footballers won all seven matches

FOREST GATE

FOREST GATE YOUTH NIGHT

Are you a young person in Forest Gate looking for more to do?

Get a group of friends together and come to the Forest Gate Community Forum youth night.

Here you'll find out about the latest things to do in the community. There'll be loads of information about different youth activities, sports and clubs and people to talk to and find out more.

Plus, we want to know what you'd like to see and do in Forest Gate. We need your help to make this an exciting place for young people to hang out.

There'll be tasty free food and a raffle where you could win an ipod and other great prizes.

It takes place on Tuesday 24 April from 5pm to 7pm at Forest Gate Youth Centre, 1 Woodford Road, Forest Gate E7 ODH.

GRANT SAFEGUARDS HISTORIC HOUSE IN NEWHAM

English Heritage has awarded a grant of £45,000 for repairs to the historic Red House in Upton Lane, Forest Gate.

St Antony's Catholic Club, the owners of the18th century building, applied for the funding to assist in its plans to open the building up to the local community.

The Red House is grade II listed and, apart from the nearby Spotted Dog Pub, is the only historic building of note in the area. The original building dates from 1717, and while some brick-work from the 1760s remains, it was extensively remodeled in the1880s.

Andrew Saidi, English Heritage caseworker officer for East London, said: "We are pleased to be funding a project that repairs a building that is potentially at risk and at the same time re-stores it to full use in the community. A project like this helps to ensure the future viability of historic buildings."

PLAISTOW

HANDS UP FOR HEALTH IN PLAISTOW

It's time for the people of Plaistow to put their health in the hot seat at a free Community Forum event.

This is the chance to get a free health check-up and massage and learn how to improve your fitness levels.

There'll also be a wide range of stalls with information about complimentary therapies, cancer awareness, Newham Fit Club, mental health, dentistry, drug awareness and more.

It's happening on Saturday 28 April from 11am to 4pm at Newham Sixth Form College (NewVIc), Prince Regents Lane, Plaistow E13 8SG.

UEL University of East London

News from UEL

WHAT'S GOING ON...

Get set for Mayfest

Celebrate the joys of spring at Mayfest 07, featuring fresh artistic productions and freestyle performances on the waterfront at UEL's Docklands Campus. An exciting programme of events, exhibitions, music, dance, poetry, and dramatic performances will bring together the work of professionals, students, local schools and community groups in a celebration of culture and creativity.

Mayfest 07 begins at 12noon on 2 May and runs through to 8pm. Admission is free. For full details visit http://www.uel.ac.uk/mayfest

Exhibition of women artists

An exhibition exploring the narratives and identities of women artists curated by Dr Maria Tamboukou, co-director of the Centre for Narrative Research in the Social Sciences at UEL, has gone on show at UEL as part of the British Sociological Association (BSA) annual conference.

Asian Women leaders look to the future at UEL

(l-r) Baroness Uddin, Women's Minister Meg Munn MP and Stephen Timms MP with delegates

Baroness Uddin, Women's Minister Meg Munn MP, Stephen Timms, MP for East Ham, Honey Kalaria, Pinky Lilani and Lucky Dhillion were among speakers at a conference at UEL looking at the role of Asian women in enterprise, politics, and community service.

"Today has been very inspirational," said Honey, Bollywood star and graduate of UEL's Business School. "I spoke to so many wonderful individuals with great skills who are really giving something back to the community."

UEL lawyers are on the case

Agnes Lee and a fellow member of the Mooting Soceity

Students of UEL's School of Law in Stratford have been getting masterclasses in how not to lose their briefs at the bar, and other tricks of the legal trade. More than 200 students took part in mooting workshops and senior lawyers gave advice on how best to prepare a case before judges in real-life courtrooms. The mooting final takes place at Stratford Magistrates Court in May.

Agnes Lee, who is in the final year of her LLB (Hons) Law degree and Master of Moots, said: "Presenting a case in public can be very daunting. It was great that to hear distinguished lawyers sharing their experiences and I think we all learned a lot."

New degrees in Complementary Medicine

UEL is pioneering degree programmes in acupuncture and herbal medicine which offer high quality clinical training. You can study either full or part-time at Stratford campus. To book a place on one of our forthcoming selection workshops or for further information, call 020 8223 4015.

UEL is rated among the leading modern (post-1992) universities in the UK according to the Guardian University Guide. For details of all programmes and to receive a copy of our new prospectus, contact 020 8223 3333 or visit www.uel.ac.uk

For specific information and advice about all council services call: 020 8430 2000 or visit your Local Service Centre. **For general information** log on to www.newham.gov.uk

Councillor surgeries: To find out who your councillor is and surgery dates call 020 8430 2000 or log on to www.newham.gov.uk/yourcouncillor

WHAT'S ON?

LIBRARIES

Beckton Globe 1 Kingsford Way, E6 5JQ. 020 8430 4063
Canning Town Barking Road, E16 4HQ. 020 7476 2696
Custom House Prince Regent Lane, E16 3JJ. 020 7476 1565
East Ham High Street South, E6 6EL. 020 8430 3647
The Gate 4-20 Woodgrange Road, Forest Gate E7 0QH. 020 8430 3838
Green Street 337-341 Green Street, E13 9AR. 020 8472 4101
Manor Park Romford Road, E12 5JY. 020 8430 2207
North Woolwich 5 Pier Parade, E16 2LJ. 020 8430 5900
Plaistow North Street, E13 9HL. 020 8472 0420
Stratford 3 The Grove, E15 1EL. 020 8430 6890
Archives and Local Studies: 020 8430 6881

UNDER 5s GROUPS

Storytelling – Stories, rhymes and crafts for children under five with their parents and carers.
Beckton Globe Every Friday 10-11am
Canning Town Every Monday 10.30-11.30am
Custom House Every Tuesday 10.30-11.30am
East Ham Every Wednesday 2-3pm
The Gate Every Friday 11am-12noon
Green Street Every Thursday 10.30-11.30am
Manor Park Every Thursday 10.30-11.30am
North Woolwich Every Friday 11am-12noon
Plaistow Every Tuesday 11am-12noon
Stratford Every Tuesday 11am-12noon and every Friday 2-3pm
Crafts Club – Open to children under five with their parents and carers.
Manor Park Every Tuesday 10.30-11.30am
Stratford Every Monday 10.30-11.30am
Toy Library – Open to children under five with their parents and carers.
Beckton Globe Every Monday 10am-12noon and every Thursday 1-3pm
East Ham Every Tuesday 10am-12noon and every Thursday 10am-12noon
Messy Play – Open to children under five with their parents and carers.
Beckton Globe Tuesdays during school term 1.30-2.30pm
Imaginative Play – Open to children under five with their parents and carers.
East Ham Every Friday 10.30-11.30am

ADULT READING

Teenage Reading Group
Beckton Thursday 26 April from 6-7pm
Adult Reading Group – Explore the pleasure of reading in a friendly environment.
East Ham Monday 21 May 6.15-7.45pm
The Gate Tuesday 1 May 6.30-7.30pm
Stratford Monday 14 May 6.30-7.30pm
Tamil reading group – Discover more about the range of books available in the Tamil language.
East Ham Wednesday 9 May 11am-1pm
Women-only Urdu reading group – read novels, short stories and poetry.
The Gate Tuesday 8 May 5.30-7.30pm
Over 50s reading group – explore the pleasure of reading in a friendly environment.
Beckton Tuesday 1 May 9.45-11.45am
Plaistow Thursday 3 May 6.45-7.45pm

OTHER GROUPS

Over 50s Club – Enjoy a range of activities for the over 50s.
Beckton Every Tuesday 9.45-11.45am
Click-On – Free introduction to computers for the over-50s.
East Ham Friday 4 May 10am-12noon and 2-4pm
North Woolwich Friday 18 May 10am-12noon and 2-4pm
Plaistow Friday 25 May 10am-12noon and 2-4pm
Open Doors – Free computer training on disability access suite and software.
Canning Town Tuesday 1 May and Tuesday 8 May 10am-12noon
Writers Group
East Ham Thursday 3 May from 5.30-7.45pm
The Gate Tuesday 15 May from 5.30-7.45pm
Teen Xtra – Free activities for young people aged 12-21.
The Gate Every Friday 6-8pm

Newham
HOST BOROUGH

Go for it grants

Bring your good ideas to life and build a community fit to host the 2012 Games

"We got people out of their homes where they were isolated."
Young at Heart, who started a weekly club for the over 50s to socialise and have fun.

Whatever your good idea to help your community, give it a go with a **Go for it grant.**

Grants of up to £2,012 on offer

For more information call 020 8430 2433 or visit www.newham.gov.uk/goforit

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